




Virtual 50+ Community Center December Programs & Activities Calendar

www.FrederickCountyMD.gov/Virtual50

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 30 9:30 Genealogy 12:30 Film Club: <i>On Golden Pond</i> 1:30 Line Dance \$ 2:45 Floor Yoga \$	1 9:00 Strength Training/Stretch \$ 10:30 Morning Flow Yoga \$ 11:00 TED Talk 1:30 Zumba Gold \$ 2:30 Drawing Class	2 9:00 Accessing Zoom 12:15 Zumba Gold \$ 12:30 Good News Only! <i>Good News Round-up</i> 3:00 M&M \$ 4:30 SPARK! \$ 7:00 Yoga Nidra \$	3 9:00 Strength Training/Stretch \$ 10:30 Morning Flow Yoga \$ 10:30 Knit/Crochet 1:00 Line Dance \$ 2:30 Craft & Conversation: <i>Marbled Ornaments</i>	4 9:00 Zumba Gold \$	5 10:30 Yin Yang Yoga \$
7 9:30 Genealogy 12:30 Film Club: <i>Walk the Line</i> 1:30 Line Dance \$ 2:30 Book Shelf Book Club: <i>The Boy from the Woods</i> by Harlan Coben 2:45 Floor Yoga \$	8 9:00 Strength Training/Stretch \$ 10:30 Morning Flow Yoga \$ 11:00 TED Talk 1:30 Zumba Gold \$ 2:30 Drawing Class 5:30 Thurgood Marshall	9 9:00 Nutrition with Thu: <i>Mythbusting</i> 12:15 Zumba Gold \$ 1:30 Kitchen Kapers (Deb) <i>Holiday Rice Krispy Treats</i> 3:00 M&M \$ 4:30 SPARK! \$ 7:00 Yoga Nidra \$	10 9:00 Strength Training/Stretch \$ 10:30 Morning Flow Yoga \$ 10:30 Knit/Crochet 1:00 Line Dance \$ 2:30 Good Stories Book Club: <i>Dear Mrs. Bird</i> by AJ Pearce 3:00 Ukulele Jam Session 4:00 Floral Design w/ Stephanie	11 9:00 Zumba Gold \$ 1:00 Maryland Legal Aid: <i>Essential Documents: Part 2</i> 2:30 Weinberg Tour	12 10:30 Yin Yang Yoga \$ 12:00 Kitchen Kapers (Dara) <i>Latkes</i> (Potato Pancakes) 
14 9:30 Genealogy 12:30 Film Club: <i>Blinded by the Light</i> 1:30 Line Dance \$ 2:45 Floor Yoga \$	15 9:00 Strength Training/Stretch \$ 10:30 Morning Flow Yoga \$ 11:00 TED Talk 1:30 Zumba Gold \$ 2:30 Drawing Class 5:30 Coping with the Death of a Pet	16 9:00 Accessing Zoom 12:15 Zumba Gold \$ 2:00 Craft & Conversation: <i>Booklet Angels/Trees</i> 3:00 M&M \$ 4:30 SPARK! \$ 7:00 Yoga Nidra \$	17 9:00 Strength Training/Stretch \$ 10:30 Morning Flow Yoga \$ 10:30 Knit/Crochet 1:00 Line Dance \$ 2:30 MAP: The Freedom Center	18 9:00 Zumba Gold \$ 2:30 Holiday Jam Join us for seasonal musical selections. Listen or singalong to your favorites. <i>Musicians: George Carroll & Ron Kutscher.</i> Free, registration required	19 10:30 Yin Yang Yoga \$
21 9:30 Genealogy 12:30 Film Club: Dreamgirls 1:30 Line Dance \$ 2:45 Floor Yoga \$	22 9:00 Strength Training/Stretch \$ 10:30 Morning Flow Yoga \$ 11:00 TED Talk 1:30 Zumba Gold \$ 2:30 Drawing Class 7:00 Fun and Games	23 9:00 Accessing Zoom 12:15 Zumba Gold \$ 3:00 M&M \$ 4:30 SPARK! \$ 7:00 Yoga Nidra \$	24 	25	26 
28 9:30 Genealogy 12:30 Film Club: Yesterday 1:30 Line Dance \$ 2:45 Floor Yoga \$	29 9:00 Strength Training/Stretch \$ 10:30 Morning Flow Yoga \$ 11:00 TED Talk 1:30 Zumba Gold \$ 2:30 Drawing Class 7:00 Fun and Games	30 9:00 Accessing Zoom 12:15 New Year's Dance Party 3:00 M&M \$ 4:30 SPARK! \$ 7:00 Yoga Nidra \$	31 9:00 Strength Training/Stretch \$ 10:30 Morning Flow Yoga \$ 10:30 Knit/Crochet 1:00 Line Dance \$	<div> <div> ► Staying Healthy ► Being Creative ► Accessing Zoom </div> <div> ► Connecting with Others ► Expanding Your Horizons ► Staying Fit: Exercise \$ (Registration Fee) </div> </div>	

The programs on this page are “free” programs.

Connecting with Others

New Year’s Dance Party: Welcome 2021 as you dance around your house!

Film Club: Do you like movies? Watch the film & join the discussion.

The Book Shelf Book Club: Read the book & join the discussion

Good Stories Book Club: Read a book on an assigned topic/author & share

Fun & Games: Join us for some lively games.

Coffee & Conversation

Genealogy: Share basic research strategies & resources

Good News Only! Incorporate positivity into your daily life

Knit/Crochet: Socialize while working on your projects.

TED Talk: Watch a short video and discuss

Being Creative

Floral Design with Stephanie’s Secret Garden

Join florist, Stephanie Egly, as she shares some easy strategies for holiday décor. Bring the beauty of the natural world indoors to brighten your space.

Drawing Class: Led by high school students, Amanda and Gigi

Ukulele Jam Session: Led by high school student, Amanda

Craft & Conversation: Make a craft while socializing with friends.

Kitchen Kapers: Live from their personal kitchens, staff members share some favorite recipes. *This month’s presenters: Deb and Dara*

Registration information for these FREE Programs

(see next page regarding fitness classes)

How to Register for “Free Programs”

- Registration must be received at least two business days before program
- Please send an email to VirtualSeniorCenter@FrederickCountyMD.gov
- Be sure to include: Your Name, Email Address, Phone Number, Names & Dates of the Program(s) You Want to Take

Confirmation: Once we receive your request, we will email you more details about the programs including how to access them.

Accessing Zoom: Our virtual classes are offered via Zoom. Register for an “Accessing Zoom” class if you need help.

Staying Healthy

Nutrition with Thu: Mythbusting

There is so much nutrition information in the world today, but how much of it is true and who can you trust? Join us for a lively discussion on how to separate fact from fiction and where to go when you have questions of the latest diet trends and nutrition news.

Presenter: Thu Huynh, RD, LDN, Giant

Coping with the Death of a Pet

In this discussion, we will address the emotional issues around the death of a pet, and learn ways to cope with the loss of companionship.

Presenter: Melissa Dolan, LCSW-C Bereavement Counselor, Carroll Hospice

Expanding Your Horizons

Thurgood Marshall: A Trail-Blazing Civil Rights Victory in Montgomery County

Civil rights icon Thurgood Marshall delivered an early blow to school segregation right down the road in Montgomery County – gaining equal pay for the county’s African American teachers in 1937. This little-known legal case is often seen as the first step in Marshall’s successful drive to have separate schools for white and black children declared unconstitutional, as the Supreme Court did 17 years later in a landmark decision. This illustrated talk details this remarkable local story and its national significance.

Presenter: Ralph Buglass, Speakers Bureau, Montgomery County Historical Society

Maryland Legal Aid: Essential Documents Part 2

Essential Documents, Part 2 will cover information about simple wills and Power of Attorney forms. Maryland Legal Aid provides a full range of free civil legal services to financially eligible individuals. *Presented by Maryland Legal Aid*

Weinberg Tour

Experience the backstage magic! Built in 1926 as a silent movie palace, Weinberg Theater reflects the evolution of both the film industry and Frederick County. Discover Art Deco architectural details, immerse yourself in local theatrical lore, and see backstage areas normally off-limits to the public. *Docent: Diane Kantner*

Maryland Access Point (MAP): The Freedom Center

The Freedom Center provides services and supports to empower individuals with disabilities to lead independent lives. Learn how these services may help you maintain your independence at home and in the community. *Presenter: Nadine Autry, The Freedom Center*

If you would like to make a donation:

Visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

Staying Fit: Exercise Classes (Fall Quarter, Oct-Dec)

To participate in these classes you must buy a subscription:
either a Fitness Pass Subscription or a Single Fitness Class Subscription

Fees for Fitness Classes

Fees are not prorated for late starts/absences.

Option 1: Fitness Pass Subscription - \$60 per pass per participant

This all-access Fitness Pass allows you to participate in any and all virtual fitness classes during the fall quarter. Each day you will receive an email with the Zoom link for the fitness classes offered that day. Simply click on the link at the start of the class/classes you want to take that day. You can ignore the Zoom link if you don’t want to participate that day.

Option 2: Single Fitness Class Subscription - \$30 per class per participant

The Single Class Subscription allows you to participate in just the class you register for @ \$30.00 for the quarter. For example, if you only want to take strength training on Tuesdays, you pay \$30 for the Tuesday strength training class. You will NOT be enrolled in the Thursday strength training class or be able to participate into any other fitness classes. On the day of the class, you will receive an email with the Zoom link for that particular class.

Scholarship Information

Scholarships for fitness classes are available.
For more information visit www.FrederickCountyMD.gov/Virtual50 or email SeniorServices@FrederickCountyMD.gov

Accessing Fitness Programs

Confirmation: Once we receive your registration, we will email you more details about the programs including how to access them.

Accessing Zoom: Our live virtual classes are offered via Zoom. Register for an “Accessing Zoom” class if you need help.

How to Register for Fitness Programs

Registration must be received at least two business days before program.

- 1. **Online: using a Credit/Debit Card for payment**
Register via our eStore: <http://frederickcountymd-gov.3dcartstores.com>
- 2. **By Mail or Drop-Off: using a Check for payment**
 - a. Make check payable to “Frederick County Treasurer”
 - b. Registration information must include:
Your Name, Mailing Address, Email Address, Phone Number
Indicate: 1. Fitness Pass Subscription (\$60 per person) or
2. Single Class Subscription (\$30 per class) *and*
the Name & Day of the Class
 - c. **Mail Check & Registration Form to:**
Frederick County Senior Services Division
Attn: Virtual 50+Center
1440 Taney Avenue
Frederick, MD 21702
 - d. **Drop-off** the addressed envelope containing the Check & Registration Form in the lock box at the address above (box is located to the left of the handicapped entrance door)

Registration Form for Mail-in or Drop-Off

Checks Payable to “Frederick County Treasurer”

Name _____ Phone _____

E-mail Address _____

Mailing Address _____

Option 1		Option 2: Single Fitness Class		
Fitness Pass	\$60.00	Class Name	Day of Week	\$30.00

Staying Fit: Exercise Classes Schedule and Descriptions (Fall Quarter, Oct-Dec)

To participate in these fitness classes you must buy either a:

Fitness Pass Subscription

or

Single Fitness Class Subscription

see previous page for registration information

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:30 Line Dance Nanine Rhinelanders	9:00 Strength Training (without weights) Strength Training (with weights) Nanette Tummers	12:15 Zumba Gold Rebecca Kennedy	9:00 Strength Training (without weights) Strength Training (with weights) Nanette Tummers	9:00 Zumba Gold Mary Ellen Brady	10:30 Yin Yang Yoga Joana Bragg
2:45 Floor Yoga Miyako Zeng	10:30 Morning Flow Yoga Joana Bragg	3:00 Meditation & Movement (M&M) Cain Yentzer	10:30 Morning Flow Yoga Joana Bragg	<div>Green = Gentle Fitness</div> <div>Blue = Moderate Fitness</div> <div>Red = Active Fitness</div>	
	1:30 Zumba Gold Mary Ellen Brady	4:30 SPARK! Nanette Tummers	1:00 Line Dance Mary Ann Williams		
		7:00 Yoga Nidra Joana Bragg			

Gentle Fitness

Meditation and Movement (M&M)

Meditation and Movement is a Tai-Chi inspired seated exercise class. The focus is on releasing tension in the body through slow movement and deep breathing.

Led by Cain Yentzer

Strength Training with Gentle Stretching

Join us for a strength training and gentle stretching class.

(use of light weights is optional)

Led by Nanette Tummers

Yoga Nidra (aka yogic sleep)

Yoga Nidra helps induce a conscious meditative state between waking and sleeping. The practice reduces stress and improves sleep. You may lay on the floor, bed, or recliner. Key is comfort.

Led by Joana Bragg

Moderate Fitness

Floor Yoga

Focus on alignment of the muscular and skeletal structures, along with breathing techniques using both held and moving postures. Modifications are offered.

Led by Miyako Zeng

Morning Flow Yoga

Incorporating traditional & non-traditional yoga moves to energize & waken the body. These will include standing & sitting (on the floor) asanas (postures).

Led by Joana Bragg

SPARK!

Strength training mixed with simple cardiovascular movement and stretching. Focus on how your body is designed to move. Functional fitness with the emphasis on fun! Using body weight and light hand held weights. Class is primarily standing and a chair for some activity. No floor up and down! Led by Nanette Tummers

Strength Training with Gentle Stretching

Using light weights join us for a strength training and gentle stretching class.

Led by Nanette Tummers

Yin Yang Yoga

Brings together the benefits of passively holding yoga poses with more active dynamic sequences and standing postures; working on the muscles and blood flow, building strength, stamina and flexibility. Led by Joana Bragg

Active Fitness

Line Dance

Improve your balance, get moving, and have fun!

Monday class led by Nanine Rhinelanders

Thursday class led by Mary Anne Williams

Zumba Gold

Active cardio low impact dance moves and fun energizing music.

Tuesday class led by Mary Ellen Brady

Wednesday class led by Rebecca Kennedy

Friday class led by Mary Ellen Brady

As with any exercise activity, please do only what you are comfortable doing. It is fine to take a break and resume participating when you feel ready.